

Social Media Messages for Extreme Heat

Twitter

The following messages are available for posting to your local health agency's Twitter feed. All posts are 140 or fewer characters.

In addition to the suggestions below, the Centers for Disease Control and Prevention's [@CDCReady](#) and [@CDCEmergency](#) feeds can be retweeted as relevant information and links are tweeted.

Tweets

Extremely high temperatures can affect your health. Stay cool, stay hydrated and stay informed!

Heat-related illness is preventable. Stay cool, stay hydrated and stay informed!

Stay cool! Limit outdoor activity and avoid direct sunlight, especially in the afternoon when it is hottest.

Stay hydrated! Don't wait until you're thirsty to drink. Drink more water than usual, and avoid sugary, caffeinated and alcoholic beverages.

Stay informed! Heat is among the highest weather-related killers in the United States.

Stay cool! Reschedule or plan outdoor activities during cooler parts of the day.

Stay hydrated! Drink from 2–4 cups of water every hour while working or exercising outside.

Stay informed! People over 65 are vulnerable to heat. Visit neighbors, friends and family members to make sure they're cool and hydrated.

Stay cool! Take a break from the heat by spending a few hours in a cool place.

Keep your pets cool! Lethargy and loss of appetite can be signs of dehydration. Offer fresh water and shade where pets can cool off.

Facebook

Benefits to Facebook postings is that conversations can take place among fans (although this needs moderation).

All of the above tweets can be cross-posted as Facebook messages. However, the following suggestions have images and links that can also be posted. For more suggestions, visit the Centers for Disease Control and Prevention's Facebook page at <https://www.facebook.com/cdcemergency> to repost useful links, webpages, photos and tips.

Facebook posts

Ever wonder the difference between heat stroke and heat exhaustion? Check out the CDC's FAQs page about extreme heat! <https://www.cdc.gov/disasters/extremeheat/faq.html>

It's HOT outside. Stay cool. Stay hydrated. Stay informed.



What does it mean when the National Weather Service talks about the Heat Index? http://www.nws.noaa.gov/om/heat/heat_index.shtml

CDC tips for athletes feeling the heat: <http://www.cdc.gov/extremeheat/pdf/athlete-poster-preview.pdf>

Did you know that extreme heat is one of the leading weather-related killers in the United States? <http://www.nws.noaa.gov/os/heat/index.shtml>

Do you know how to stay cool on extremely hot days? <https://public.health.oregon.gov/Preparedness/Prepare/Pages/PrepareForExtremeHeat.aspx>

Adults over 65 are among the most at-risk during extreme heat events. Pop by your neighbors', friends' and family members' homes to ensure they're drinking enough water and keeping their homes cool!